PE Curriculum 2022- 2023

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1
Year 1	<u>Gymnastics</u>	Dance	Striking & Hitting	Throwing & Catching	Travelling with a ball
	Sequences	Skills- Copy and repeat actions. Put a	Use hitting skills in a game.	Throw underarm and overarm.	Travel with a ball in different
	Travelling in different ways- moving	sequence of actions together to create a motif.	Practise basic striking, sending and receiving.	Catch and bounce a ball.	Travel with a ball in different
	over/under/around/through. Tiptoe, step,	Vary the speed of the actions. Use simple	Passing	Use rolling skills in a game.	side, forwards and backward
	Handstand, cartwheels & round offs- hop.	choreographic devices such as unison, canon	Pass the ball to another player in a game	Practise accurate throwing and consistent	and fluency.
	Hopscotch, skip, gallop	and mirroring. Begin to improvise	Use kicking skills in a game.	catching.	
	Rolls- log, curled side, teddy bear	independently to create a simple dance.			Attacking & Defending
	Jumps- straight, tuck, jumping jack,	Perform- Perform using a range of actions		Using Space	Begin to use the terms attack
	Vaults- straight jump Bunny hop, front support wheelbarrow with	and body parts with some coordination. Begin to perform learnt skills with some control.		Use different ways of travelling in different	defending. Use simple defense
	partner.	Evaluate -Watch and describe performances.		directions or pathways.	marking a player or defending
	Balances & shapes- standing, kneeling, pike,	Begin to say how they could improve.		Run at different speeds.	simple attacking skills such a
	tuck, star, straight, straddle			Begin to use space in a game.	past a defender.
	Evaluate- watch and describe performances.	Fitness			
	Begin to say how they can be improved.	Fitness			
	Perform- with some coordination. Begin to	Describe how the body feels before and after			
	perform learnt skills with some control	exercise.			
		Carry and place equipment safely.			
	Indoor games & Team building				
	Attacking & Defending- Begin to use the				
	terms attacking and defending. Use simple				
	defensive skills such as marking a player or defending a space. Use simple attacking skills				
	such as dodging to get past a defender.				
	Perform- Begin to perform learnt skills with				
	some control. Engage in competitive activities				
	and team games.				
	Evaluate- Watch and describe performances.				
	Begin to say how they can improve.				
Year 2	<u>Gymnastics</u>	Dance	Striking & Hitting	Throwing & Catching	Travelling with a ball
	Sequences	Skills- Copy, remember and repeat actions.	Strike or hit a ball with increasing control.	Throw different types of equipment in different	Bounce and kick a ball whilst
	Travelling in different ways-	Create a short motif inspired by a stimulus.	Learn skills for playing striking and fielding	ways, for accuracy and distance.	Use kicking skills in a game.
	Rolls- log, curled side, teddy bear, rocking for	Change the speed and level of their actions.	games.	Throw, catch and bounce a ball with a partner.	Use dribbling skills in a game
	forward roll, crouched forward roll	Use different transitions within a dance motif.	Position the body to strike a ball.	Use throwing and catching skills in a game. Throw a ball for distance.	
	Jumps- half turn, cat spring, cat spring to straddle	Move in time to music. Improve the timing of their actions.		Use hand-eye coordination to throw a ball.	Attacking & Defending
	Vaults- Hurdle step onto springboard, straight	Perform- Perform sequences of the own	Passing	Vary types of throw used.	Begin to use and understand
	jump off springboard, tuck jump off	composition with coordination. Perform learnt	Know how to pass the ball in different ways.		attacking and defending. Use
	springboard.	skills with increasing control. Complete against		Using Space	techniques to attack or defen
	Handstand, cartwheels & round offs T-level,	self and other.		Using Space	successfully.
	Scissor kick			Use different ways of travelling at different	
		Evaluate- Watch and describe performances,		appende and following different nothways	
	Balances & shapes- large body part	Evaluate - Watch and describe performances, and use what they see to improve their own		speeds and following different pathways, directions or courses	
	balances, balances on apparatus, balances	-		directions or courses.	
	balances, balances on apparatus, balances with partner pike, tuck, star, straight, straddle	and use what they see to improve their own		directions or courses. Change speed and direction whilst running.	
	balances, balances on apparatus, balances with partner pike, tuck, star, straight, straddle shapes. Front and back support	and use what they see to improve their own		directions or courses.	
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Year 3	balances, balances on apparatus, balances with partner pike, tuck, star, straight, straddle shapes. Front and back support Evaluate - Watch and describe performances and use what they see to improve their own performance. Talk about the differences between their work and that of others, Perform - with coordination. Perform learnt skills with increasing control Indoor games & Team building Attacking & Defending- Begin to use and understand the terms attacking and defending. Use at least one techniques to attack or defend to play a game successfully. Perform - Perform learnt skills with increasing control. Compete against self and others. Evaluate - Watch and describe performances and use what they see to improve their own performances. Talk about the differences	and use what they see to improve their own performances. <u>Fitness</u> Recognise and describe how the body feels during and after different physical activities.	Netball	directions or courses. Change speed and direction whilst running. Begin to choose and use the best space in a	ΟΑΑ





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Summer 2 Athletics

Running- Run at different paces, describing the different paces, use a variety of different stride lengths, travel at different speeds, begin to select the most suitable pace and speed for	Running- vary their pace and speed when running. Run with basic technique over distance, show good posture and balance, jog and sprint in a straight line, change direction when jogging and sprinting, maintain control as they change direction when jogging and sprinting. Jumping- Perform different types of jumps, perform a short jumping sequence, jump as high and as far as possible, land safely with control, work with a partner to develop the control of their jumps. Throwing- Throw underarm and overarm, throw a ball towards a target with increasing accuracy, improve the distance they can throw by using more power. Perform- Begin to perform learnt skills with some control. Engage in competitive activities and team games. Evaluate- Watch and describe performances. Begin to say how they can improve.
	the different paces, use a variety of different stride lengths, travel at different speeds, begin to select the most suitable pace and speed for distance, vary the speed and direction in which they are travelling. Run with basic techniques following a curved line. Be able to maintain and control a run over different distances. Jumping- Perform and compare different types of jumps. Combine different jumps together with some fluency and control. Jump for distance from a standing positions with accuracy and control. Investigate the best jumps to cover different distances. Choose the most appropriate jumps to cover different distances. Throwing- Throw different types of equipment in different ways, for accuracy and distance. Throw with accuracy at targets of different heights. Investigate ways to alter their throwing technique to achieve greater distance. Perform- Perform learnt skills with increasing control. Compete against self and others. Evaluate- Watch and describe performances and use what they see to improve their own performances. Talk about the differences

Athletics

	Sequences	Skills- Begin to improvise with a partner to	Throwing and Catching- Throw and catch	Striking and hitting- demonstrate successful	Trails- Orientate themselves with increasing	Running- Identify and demonstrate how
	Travelling in different ways- chassis steps,	create a simple dance. Create motifs from	with greater control and accuracy.	hitting and striking skills.	confidence and accuracy around a short trail.	different techniques can affect their
	cat leap	different stimuli. Begin to compare and adapt	Practise the correct technique for catching a	Develop a range of skills in striking and	Problem Solving- Identify and use effective	performance. Focus on their arm and leg
	Rolls- crouched forward rolls, forward rolls	movements and motifs to create a larger	ball and use it in a game.	fielding where appropriate.	communication to begin to work as a team.	action. Begin to combine running with jumping
	from standing, tucked backward rolls	sequence. Use simple dance vocabulary to	Perform a range of catching and gathering	Tactics & Rules- Apply and follow the rules	Identify symbols used on a key.	over hurdles.
	Jumps- star, straddle, pike, straight, cat leap	compare and improve work. Perform with	skills with control.	fairly.	Preparation & Organisation- Begin to	Jumping- Use one and two feet to take off
	Vaults- hurdle step onto springboard, squad	some awareness of rhythm and expression.	Catch with increasing control and accuracy.	Know how to play a striking and fielding game.	choose equipment that is appropriate for an	and land with. Develop an effective take-off for
	on vault, star jump off, tuck jump off, straddle jump off, pike jump off	Perform - develop the quality of the actions in their performances. Perform learnt skills and	Throw a ball in different ways (high, low, fast, slow)	Perform - develop the quality of the actions in their performances.	activity. Communication- Communicate with others.	standing long jump. Develop an effective flight phase for the standing long jump.
	Handstand, cartwheels & round offs-	techniques with control and confidence.	Passing a ball- Pass the ball in two different	Perform learnt skills and techniques with	Compete/Perform- begin to complete	Throwing- Throw with greater control and
	handstand, lunge into handstand, cartwheel	Compete against self and others in a	ways in a game situation with some success.	control and confidence.	activities in a set period of time. Begin to offer	accuracy. Show increasing control in their
	Balances & shapes- Large & small body	controlled manner.	Possession - Know how to keep and win back	Compete against self and others in a	an evaluation of personal performances and	overarm throw. Perform a push throw.
	parts balances, including standing and	Evaluate- Watch, describe and evaluate the	possession of the ball in a team game.	controlled manner.	activities.	Continue to develop techniques to throw for
	kneeling balances on apparatus, matching and	effectiveness of a performance. Describe how	Using Space- Find a useful space and get	Evaluate- Watch, describe and evaluate the	Evaluate- Watch, describe and evaluate the	increased distance.
	contrasting partner balances.	their performance has improved over time.	into it to support teammates.	effectiveness of a performance.	effectiveness of a performance.	Perform- Perform learnt skills and techniques
	Evaluate- Watch, describe and evaluate the		Attacking & Defending- Use simple attacking	Describe how their performance has improved		with control and confidence. Compete against
	performance. Describe how their performance	Boxing/Fitness	and defending skills in a game.	over time.	Tag Rugby	self and others in a controlled manner.
	has improved over time.	Recognise and describe the effects of exercise	Tactics & Rules- Apply and follow the rules		Travelling with a ball- Move with the ball in a	Evaluate- Watch and describe performances
	Perform- Develop the quality of actions in	on the body.	fairly.	Football	variety of ways with some control.	and use what they see to improve their own
	their performances, perform learnt skills and		Understand and begin to apply the basic	Travelling with a ball- Move with the ball in a	Use two different ways of moving with a ball in	performances. Describe how their
	techniques with control and confidence,	Know the importance of strength and flexibility	principle of invasion games.	variety of ways with some control.	a game.	performance has improved over time.
	compete against self and others in a controlled	for physical activity.	Perform - develop the quality of the actions in	Use two different ways of moving with a ball in	Passing a ball- Pass the ball in two different	Davidana
	manner		their performances. Perform learnt skills and techniques with	a game.	ways in a game situation with some success.	Rounders
		Perform- develop the quality of the actions in	control and confidence.	Passing a ball- Pass the ball in two different	Possession- Know how to keep and win back	Striking and hitting- demonstrate successful
		their performances.	Compete against self and others in a	ways in a game situation with some success.	possession of the ball in a team game.	hitting and striking skills.
	Indoor games & Team building	Perform learnt skills and techniques with	controlled manner.	Possession- Know how to keep and win back	Using Space- Find a useful space and get	Develop a range of skills in striking and
	Communication- Communicate with others.	control and confidence.	Evaluate - Watch, describe and evaluate the	possession of the ball in a team game.	into it to support teammates.	fielding where appropriate. Practise the correct batting technique and use
	Problem Solving- Identify and use effective	Evaluate- Watch, describe and evaluate the	effectiveness of a performance.	Using Space- Find a useful space and get	Attacking & Defending- Use simple attacking	it in a game.
	communication to begin to work as a team.	effectiveness of a performance.	Describe how their performance has improved	into it to support teammates.	and defending skills in a game.	Strike a ball for a distance.
	Attacking & Defending- Use simple attacking	Describe how their performance has improved over time.	over time.	Attacking & Defending- Use simple attacking and defending skills in a game.	Tactics & Rules - Apply and follow the rules fairly.	Attacking & Defending- Use simple attacking
	and defending skills in a game.	over unie.		Tactics & Rules- Apply and follow the rules	Understand and begin to apply the basic	and defending skills in a game.
	Tactics & Rules- Apply and follow the rules		Swimming	fairly.	principle of invasion games.	Use fielding skills to stop a ball from travelling
	fairly. Perform - develop the quality of the actions in		Lessons constructed by Meadway Sports	Understand and begin to apply the basic	Perform - develop the quality of the actions in	past them.
	their performances.		Centre	principle of invasion games.	their performances.	Tactics & Rules- Apply and follow the rules
	Perform learnt skills and techniques with		<u> </u>	Perform - develop the quality of the actions in	Perform learnt skills and techniques with	fairly.
	control and confidence.		Swim competently, confidently and proficiently	their performances.	control and confidence.	Know how to play a striking and fielding game.
	Compete against self and others in a		over a distance of at least 25 metres	Perform learnt skills and techniques with	Compete against self and others in a	Perform - develop the quality of the actions in
	controlled manner.		Use a range of strokes effectively [for	control and confidence.	controlled manner.	their performances.
	Evaluate- Watch, describe and evaluate the		example, front crawl, backstroke and	Compete against self and others in a	Evaluate- Watch, describe and evaluate the	Perform learnt skills and techniques with control and confidence.
	effectiveness of a performance.		breaststroke]	controlled manner.	effectiveness of a performance.	Compete against self and others in a
	Describe how their performance has improved		Perform safe self-rescue in different water-	Evaluate- Watch, describe and evaluate the	Describe how their performance has improved	controlled manner.
	over time.		based situations	effectiveness of a performance.	over time.	Evaluate - Watch, describe and evaluate the
				Describe how their performance has improved over time.		effectiveness of a performance.
				over une.		Describe how their performance has improved
						over time.
Year 4	Gymnastics	Dance	Football	Netball	Swimming	Athletics
	Sequences	Skills- identify and repeat movement patterns	Travelling with a ball- Move the ball using a	Throwing & Catching- Develop different	Lessons constructed by Meadway Sports	Running- Confidently demonstrate an
	Travelling in different ways- straight jump	and actions of a chosen dance style. Compose	range of techniques showing control and	ways of throwing and catching.	Centre	improved technique for sprinting. Perform a
	full turn, cat leap half turn, pivot	a dance that reflects the chosen dance style.	fluency.	Passing a ball- Pass the ball with increasing		relay, focusing on the baton changeover
	Rolls- straddle forward roll, backward roll to	Confidently improvise with a partner or on their	Passing a ball- Pass the ball with increasing	speed, accuracy and success in a game	Swim competently, confidently and proficiently	technique. Develop a fluent changeover.
	straddle	own. Compose longer dance sequences in a	speed, accuracy and success in a game	situation.	over a distance of at least 25 metres	Speed up and slow down smoothly.
	Jumps- straight half turn, straight full turn, cat	small group. Demonstrate precision and some	situation.	Possession- Occasionally contribute towards	Use a range of strokes effectively [for	Jumping- Learn how to combine a hop, step
	leap half turn.	control in response to stimuli. Begin to vary	Possession- Occasionally contribute towards	helping their team to keep and win back	example, front crawl, backstroke and	and jump to perform the triple jump. Land
	Vaults- straddle on vault	dynamics and develop actions and motifs in	helping their team to keep and win back	possession of the ball in a team game.	breaststroke]	safely with control. Begin to measure distance
	Handstand, cartwheels & round offs- Lunge	response to stimuli. Demonstrate rhythm and	possession of the ball in a team game.	Using space- Make the best use of space to	Perform safe self-rescue in different water-	jumped.
	into cartwheel, lunge into round off Balances & shapes- 1,2,3 and 4 point	spatial awareness. Change part of a dance as a result of self-evaluation. Use simple dance	Using space- Make the best use of space to pass and receive the ball.	pass and receive the ball. Attacking & defending- Use a range of	based situations	Throwing- Perform a pull throw. Measure the distance of their throws. Continue to develop
	balances, balances on apparatus, balances	vocabulary when comparing and improving	Attacking & defending- Use a range of	attacking & derending- Use a range of attaching skills and techniques in a game		techniques to throw for increased distance.
	with and against partner	work.	attaching skills and techniques in a game	Tactics & Rules- vary the tactics they use in a	OAA	Perform- Perform and apply skills and
	Evaluate - Watch, describe and evaluate the	Perform - Perform and create sequences with	Tactics & Rules- vary the tactics they use in a	game.	Trails- Orientate themselves with accuracy	techniques with control and accuracy. Take
	effectiveness of performances, giving ideas for	fluency and expression. Perform and apply	game.	Adapt rules to alter a game.	around a short trail. Create a short trail for	part in a range of competitive games and
	improvements. Modify their use of skills or	skills and techniques with control and	Adapt rules to alter a game.	Perform- Perform and apply skills and	others with physical challenge. Start to	activities.
	techniques to achieve a better result.	accuracy.	Perform- Perform and apply skills and	techniques with control and accuracy.	recognise features of an orienteering course.	Evaluate- Watch, describe and evaluate the
	Perform- perform and create sequences with	Evaluate- Watch, describe and evaluate the	techniques with control and accuracy.	Take part in a range of competitive games and	Problem Solving- Communicate clearly with other people in a team, and with other teams.	effectiveness of a performance, giving ideas
	fluency and expression, perform and apply	effectiveness of performances, giving ideas for	Take part in a range of competitive games and	activities.	Have experience of a range of roles within a	for improvements. Modify their use of skills or
	skills and techniques with control and	improvements. Modify their use of skills or	activities.	Evaluate- Watch, describe and evaluate the	team and begin to identify the key skills	techniques to achieve a better results.
		techniques to achieve a better result.	Evaluate- Watch, describe and evaluate the	effectiveness of performances, giving ideas for	required to succeed at each.	
	accuracy.		attention and the state of the	the second	l lequileu lo succeeu al each.	
	accuracy.		effectiveness of performances, giving ideas for	improvements.	Associate the meaning of a key in the context	Rounders
	accuracy.	Boxing/Fitness	effectiveness of performances, giving ideas for improvements.	improvements. Modify their use of skills or techniques to achieve a better result.	1 ·	<u>Rounders</u>

	Indoor games & Team building	Describe how the body reacts at different	Modify their use of skills or techniques to		Preparation & Organisation- Try a range of	Striking & Hitting a ball- Accurately serve
	Problem Solving- Communicate clearly with	times and how this affects performances.	achieve a better result.	Tag Rugby	equipment for creating and completing an activity. Make an informed decision on the	underarm. Use a bat, stick or racket to hit a ball with
	other people in a team, and with other teams.	Explain why exercise is good for your health.	_ .	Throwing & Catching- Develop different	best equipment to use for an activity. Plan and	use a bat, stick or racket to nit a ball with accuracy and control.
	Have experience of a range of roles within a team and begin to identify the key skills	Explain my exercise is good for your realfil.	<u>Tennis</u>	ways of throwing and catching.	organise a trail that others can follow	Build a rally with a partner.
	required to succeed at each.	Know some reasons for warming up and	Striking & Hitting a ball- Accurately serve	Travelling with a ball- Move the ball using a	Communication- Communicate clearly with	Use at least two different shots in game.
	Communication- Communicate clearly with	cooling down.	underarm. Use a bat. stick or racket to hit a ball with	range of techniques showing control and	others. Work as part of a team	Use hand-eye coordination to strike a moving
	others. Work as part of a team		accuracy and control.	fluency. Passing a ball- Pass the ball with increasing	Compete/Perform- Complete an orienteering	or stationary ball.
	Attacking & defending- Use a range of		Build a rally with a partner.	speed, accuracy and success in a game	course more than once and begin to identify	Throwing & Catching- Develop different
	attaching skills and techniques in a game		Use at least two different shots in game.	situation.	ways of improving completion time. Offer an	ways of throwing and catching.
	Tactics & Rules- vary the tactics they use in a		Use hand-eye coordination to strike a moving	Possession- Occasionally contribute towards	evaluation of both personal performances and	Attacking & defending- Use a range of
	game.		or stationary ball.	helping their team to keep and win back	activities. Start to improve trails to increase the	attaching skills and techniques in a game. Use fielding skills as an individual to prevent a
	Adapt rules to alter a game.		Attacking & defending- Use a range of	possession of the ball in a team game.	challenge of the course.	player from scoring.
	Perform- Perform and apply skills and		attaching skills and techniques in a game	Using space- Make the best use of space to	Evaluate- Watch, describe and evaluate the	Tactics & Rules- vary the tactics they use in a
	techniques with control and accuracy. Take part in a range of competitive games and		Tactics & Rules- vary the tactics they use in a	pass and receive the ball.	effectiveness of performances, giving ideas for	game.
	activities.		game.	Attacking & defending- Use a range of	improvements. Modify their use of skills or	Adapt rules to alter a game.
	Evaluate- Watch, describe and evaluate the		Adapt rules to alter a game. Perform- Perform and apply skills and	attaching skills and techniques in a game Tactics & Rules- vary the tactics they use in a	techniques to achieve a better result	Perform- Perform and apply skills and
	effectiveness of performances, giving ideas for		techniques with control and accuracy.	game.		techniques with control and accuracy.
	improvements.		Take part in a range of competitive games and	Adapt rules to alter a game.		Take part in a range of competitive games and
	Modify their use of skills or techniques to		activities.	Perform- Perform and apply skills and		activities.
	achieve a better result.		Evaluate- Watch, describe and evaluate the	techniques with control and accuracy.		Evaluate- Watch, describe and evaluate the
			effectiveness of performances, giving ideas for	Take part in a range of competitive games and		effectiveness of performances, giving ideas for
			improvements.	activities.		improvements. Modify their use of skills or techniques to
			Modify their use of skills or techniques to	Evaluate- Watch, describe and evaluate the		achieve a better result.
			achieve a better result.	effectiveness of performances, giving ideas for		
				improvements.		
				Modify their use of skills or techniques to achieve a better result.		
				achieve a beller result.		
Year 5	<u>Gymnastics</u>	Dance	Tag Rugby	Football	OAA	Athletics
	Sequences	Skills- Compose individual, partner and group	Throwing and Catching- Consolidate	Travelling with a ball- Use a variety of ways	Trails- Start to orientate themselves with	Running- Identify their reaction times when
	Travelling in different ways- straight jump	dances that reflect the chosen dance style.	different ways of throwing and catching, and	to dribble in a game with success.	increasing confidence and accuracy around an	performing a sprint start. Accelerate from a
	full turn, cat leap half turn, pivot	Show a change of pace and timing in their	know when each is appropriate in a game.	Use ball skills in various ways and begin to link	orienteering course. Design an orienteering	variety of different starting positions.
	Rolls- pike forward roll	movements. Develop an awareness of their	Travelling with a ball- Use a variety of ways	together.	course that can be followed and offers some	Confidently and independently select the most
	Jumps- stag, split leap	use of space. Demonstrate imagination and	to dribble in a game with success.	Passing a ball- Pass a ball with speed and	challenge to others. Begin to use navigation	appropriate pace for different distances and
	Vaults-squat through vault Handstand, cartwheels & round offs- Lunge	creativity in the movements they devise in response to stimuli. Use transitions to link	Use ball skills in various ways and begin to link	accuracy using appropriate techniques in a game situation.	equipment to orientate around a trail. Problem Solving- Use clear communication	different parts of a run. Jumping- improve techniques for jumping for
	into cartwheel, lunge into round off	motifs smoothly together. Improvise with	together. Passing a ball- Pass a ball with speed and	Possession- Keep and win back possession	to effectively complete a particular role in a	distance. Perform an effective standing long
	Balances & shapes- Part body weight partner	confidence, still demonstrating fluency across	accuracy using appropriate techniques in a	of the ball effectively in a team game.	team. Complete orienteering activities both as	jump. Land safely and with control. Investigate
	balances	the sequence. Ensure the actions fit the	game situation.	Using space-Demonstrate an increasing	part of a team and independently.	different jumping techniques.
	Evaluate- Choose and use criteria to evaluate	rhythm of the music. Modify parts of a	Possession- Keep and win back possession	awareness of space.	Identify a key on a map and begin to use the	Throwing- Perform a fling throw. Throw a
	own and others performances. Explain why	sequence as a result of self and peer	of the ball effectively in a team game.	Attacking & defending- Choose the best	information in activities	variety of implements using a range of
	they have used particular skills or techniques,	evaluation. Use more complex dance	Using space-Demonstrate an increasing	tactics for attacking and defending.	Preparation & Organisation- Choose the	throwing techniques. Measure and record the
	and the effort they have had on their	vocabulary to compare and improve work.	awareness of space.	Shoot in a game.	best equipment for an outdoor activity.	distance of their throws. Continue to develop
	performances.	Perform- Perform own longer, more complex	Attacking & defending- Choose the best	Tactics & Rules- Know when to pass and	Create an outdoor activity that challenges	techniques to throw for increased distance.
	Perform-Perform own longer, more complex	sequences in time to music. Consistently	tactics for attacking and defending.	when to dribble in a game.	others. Create a simple plan of an activity for	Perform- Consistently perform and apply skills
	sequences in time to music. Consistently perform and apply skills and techniques with	perform and apply skills and techniques with accuracy and control.	Shoot in a game. Tactics & Rules- Know when to pass and	Devise and adapt rules to create their own game.	others to follow. Identify the quickest route to accurately navigate an orienteering course.	and techniques with accuracy and control. Take part in competitive games with strong
	accuracy and control.	Evaluate- Choose and use criteria to evaluate	when to dribble in a game.	Perform- Consistently perform and apply skills	Communication- Communicate clearly and	understanding of tactics and composition.
		own and others' performances. Explain why	Devise and adapt rules to create their own	and techniques with accuracy and control.	effectively with others. Work effectively as part	Evaluate- Choose and use criteria to evaluate
		they have used particular skills or techniques,	game.	Take part in competitive games with a strong	of a team.	own and others performances. Explain why
	Indoor games 9 Team building	and effect they have had on their	Perform- Consistently perform and apply skills	understanding of tactics and composition.	Compete/Perform- Complete an orienteering	they have used particular skills or techniques,
	Indoor games & Team building	performances.	and techniques with accuracy and control.	Evaluate- Choose and use criteria to evaluate	course on multiple occasions, in a quicker time	and the effect they have had on their
	Attacking & defending- Choose the best tactics for attacking and defending		Take part in competitive games with a strong	own and others performance.	due to improved technique.	performance.
	tactics for attacking and defending. Problem Solving- Use clear communication	Boxing/Fitness	understanding of tactics and composition.	Explain why they have used particular skills or	Offer a detailed and effective evaluation of	
	to effectively complete a particular role in a	Know and understand the reasons for warming	Evaluate- Choose and use criteria to evaluate	techniques, and the effect they have had on	both personal performances and activities.	Cricket
	team	up and cooling down.	own and others performance. Explain why they have used particular skills or	their performance	Improve a trail to increase the challenge of the	Striking & Hitting a ball- Use different
	Communication- Communicate clearly and		techniques, and the effect they have had on		course. Evaluate- Choose and use criteria to evaluate	techniques to hit a ball.
	effectively with others. Work effectively as part	Explain some safety principles when preparing	their performance.	Swimming	own and others' performances.	Identify and apply techniques for hitting a
	of a team.	for and during exercise.		Lessons constructed by Meadway Sports	Explain why they have used particular skills or	tennis ball.
	Tactics & Rules- Devise and adapt rules to		Tennis	<u>Centre</u>	techniques, and the effect they have had on	Explore when different shots are best to use.
	create their own game.		Striking & Hitting a ball- Use different	Swim competently, confidently and proficiently	their performance.	Develop a backhand technique and use it in a
	Perform- Consistently perform and apply skills		techniques to hit a ball.	over a distance of at least 25 metres		game. Practise techniques for all strokes.
	and techniques with accuracy and control.		Identify and apply techniques for hitting a	Use a range of strokes effectively [for	Basketball	Passing a ball- Pass a ball with speed and
	Take part in competitive games with a strong understanding of tactics and composition.		tennis ball.	example, front crawl, backstroke and	Throwing and Catching- Consolidate	accuracy using appropriate techniques in a
	5		Explore when different shots are best to use.	breaststroke]	different ways of throwing and catching, and	game situation.
	Evaluate- Choose and use criteria to evaluate		Develop a boolyboard to sharing a pad was it in a	-	, , , , , , , , , , , , , , , , , , ,	•
	Evaluate- Choose and use criteria to evaluate own and others performance.		Develop a backhand technique and use it in a	Perform safe self-rescue in different water-	know when each is appropriate in a game.	Attacking & defending- Choose the best
	Evaluate- Choose and use criteria to evaluate own and others performance.		game. Practise techniques for all strokes.	Perform sate self-rescue in different water- based situations	Travelling with a ball- Use a variety of ways to dribble in a game with success.	tactics for attacking and defending. Use

	Explain why they have used particular skills or		Attacking & defending- Choose the best		Use ball skills in various ways and begin to link	fielding skills as a team to prevent the other
	techniques, and the effect they have had on		tactics for attacking and defending.		together.	team from scoring.
	their performance.		Tactics & Rules- Know when to pass and		Passing a ball- Pass a ball with speed and	Tactics & Rules- Know when to pass and
			when to dribble in a game.		accuracy using appropriate techniques in a	when to dribble in a game.
			Devise and adapt rules to create their own		game situation.	Devise and adapt rules to create their own
			game.		Possession- Keep and win back possession	game.
			Perform- Consistently perform and apply skills		of the ball effectively in a team game.	Perform- Consistently perform and apply skills
			and techniques with accuracy and control.		Using space-Demonstrate an increasing	and techniques with accuracy and control.
			Take part in competitive games with a strong		awareness of space.	Take part in competitive games with a strong
			understanding of tactics and composition.		Attacking & defending- Choose the best	understanding of tactics and composition.
			Evaluate- Choose and use criteria to evaluate		tactics for attacking and defending.	Evaluate- Choose and use criteria to evaluate
					5 5	own and others performance.
			own and others performance.		Shoot in a game.	
			Explain why they have used particular skills or		Tactics & Rules- Know when to pass and	Explain why they have used particular skills or
			techniques, and the effect they have had on		when to dribble in a game.	techniques, and the effect they have had on
			their performance.		Devise and adapt rules to create their own	their performance.
					game.	
					Perform- Consistently perform and apply skills	
					and techniques with accuracy and control.	
					Take part in competitive games with a strong	
					understanding of tactics and composition.	
					Evaluate- Choose and use criteria to evaluate	
					own and others performance.	
					Explain why they have used particular skills or	
					techniques, and the effect they have had on	
					their performance.	
Year 6	Gymnastics	Dance	Tag Rugby	Football	OAA	Swimming
	Sequences	Skills- Use dramatic expression in dance	Throwing and Catching- Throw and catch	Travelling with a ball- Show confidence in	Trails- Orientate themselves with confidence	Lessons constructed by Meadway Sports
	Travelling in different ways- straight jump	movements and motifs. Perform with	accurately and successfully under pressure in	using ball skills in various ways in a game	and accuracy around an orienteering course	Centre
	full turn, cat leap half turn, pivot	confidence, , using a range of movement	a game.	situation, and link these together effectively.	when under pressure.	
	Rolls- Dive forward roll, backward roll to	patterns. Demonstrate strong and controlled	Travelling with a ball- Show confidence in	Passing a ball- Choose and make the best	Design an orienteering course that is clear to	Swim competently, confidently and proficiently
	standing pike, pike backward roll	movements throughout a dance sequence.	using ball skills in various ways in a game	pass in a game situation and link a range of	follow and offers challenge to others.	over a distance of at least 25 metres
	Jumps- cat leap full turn, stag leap	Combine flexibility, techniques and	situation, and link these together effectively.	skills together with fluency, e.g. passing and	Use navigation equipment (maps, compasses)	Use a range of strokes effectively [for
	Vaults-straddle over vault.	movements to create a fluent sequence. Move	Passing a ball- Choose and make the best	receiving the ball on the move.	to improve the trail.	example, front crawl, backstroke and
	Handstand, cartwheels & round offs- hurdle	appropriately and with the required style in	pass in a game situation and link a range of	Possession- Keep and win back possession	Problem Solving- Use clear communication	breaststroke]
	step, hurdle step into cartwheel, hurdle step	relation to the stimulus, e.g. using various	skills together with fluency, e.g. passing and	of the ball effectively and in a variety of ways	to effectively complete a particular role in a	Perform safe self-rescue in different water-
	into round off	levels, ways of travelling and motifs. Move	receiving the ball on the move.	in a team game.	team. Compete in orienteering activities both	based situations
	Balances & shapes- Full body weight partner	rhythmically and accurately in dance	Possession- Keep and win back possession	Using space- Demonstrate a good awareness	as part of a team and independently.	
	balances	sequences. Dance with fluency and control,	of the ball effectively and in a variety of ways	of space.	Use a range of map styles and make an	
	Evaluate- Thoroughly evaluate their own and	linking all movements and ensuring that	in a team game.	Attacking & defending- Think ahead and	informed decision on the most effective.	
	others' work, suggesting thoughtful and	transitions flow. Demonstrate consistent	Using space- Demonstrate a good awareness	create a plan of attack and defence. Apply	Preparation & Organisation- Choose the	Athletics
	appropriate improvements.	precision when performing dance sequences.	of space.	knowledge of skills for attacking and	best equipment for an outdoor activity.	Running- Build up speed quickly for a sprint
	Perform- link actions to create a complex	Modify some elements if a sequence as a	Attacking & defending- Think ahead and	defending.	Prepare an orienteering course for others to	finish. Use their preferred leg when running
	sequence using a full range of movement that	result of self and peer evaluation. Use	create a plan of attack and defence. Apply	Tactics & Rules- Follow and create	follow. Identify the quickest route to accurately	over hurdles. Accelerate to pass other
	showcases different agilities, performed in	complex dance vocabulary to compare and	knowledge of skills for attacking and	complicated rules to play a game successfully.	navigate an orienteering course.	competitors. Work as a team to competitively
	time to music. Perform and apply a variety of	improve work.	defending.	Communicate plans to others during a game.	Manage an orienteering event for others to	perform a relay.
	skills and techniques confidently, consistently	Perform- Link actions to create a complex	Tactics & Rules- Follow and create	Lead others during a game.	compete in.	Jumping- Develop the technique for the
	and with precision. Begin to record their peers'	sequence using a full range of movement.	complicated rules to play a game successfully.	Perform- Perform and apply a variety of skills	Communication- Communicate clearly and	standing vertical jump. Maintain control at
	performances and evaluate these.	Perform the sequence in time to music.	Communicate plans to others during a game.	and techniques confidently, consistently and	effectively with others when under pressure.	each of the different stages of the triple jump.
	penomances and evaluate mese.	Perform and apply a variety of skills and	Lead others during a game.	with precision.	Work effectively as part of a team,	Land safely and with control. Develop and
		techniques confidently and with precision.	Perform- Perform and apply a variety of skills	Take part in competitive games with a strong	demonstrating leadership skills	improve their techniques for jumping for height
		· · · ·		understanding of tactics and composition.	Compete/Perform- Complete an orienteering	and distance and support others in improving
	Indoor games & Team building	Evaluate- Thoroughly evaluate their own and others' work, suggesting thoughtful and	and techniques confidently, consistently and with precision.	Evaluate- Thoroughly evaluate their own and	course on multiple occasions, in a quicker time	their performance.
	Communication- Communicate clearly and	appropriate improvements.	Take part in competitive games with a strong	others' work, suggesting thoughtful and	due to improved technique.	Throwing- Develop the technique for the
	effectively with others when under pressure.	appropriate improvements.	understanding of tactics and composition.	appropriate improvements.	Offer a detailed and effective evaluation of	push, pull and fling throw and support others in
	Work effectively as part of a team,		5	appropriate improvements.		improving their performance. Accurately
	demonstrating leadership skills		Evaluate- Thoroughly evaluate their own and		both personal performances and activities with	measure and record the distance of their
	Problem Solving- Use clear communication	Boxing/Fitness	others' work, suggesting thoughtful and	Basketball	an aim of increasing challenge and improving	throws.
	to effectively complete a particular role in a	Understand the importance of warming up and	appropriate improvements.	Throwing and Catching- Throw and catch	performance. Listen to feedback and improve	Perform- Perform and apply a variety of skills
	team.	cooling down.		accurately and successfully under pressure in	an orienteering course from it.	and techniques confidently, consistently and
	Attacking & defending- Think ahead and			a game.	Evaluate- Thoroughly evaluate their own and	with precision. Take part in competitive games
	create a plan of attack and defence. Apply	Carry out warm-ups and cool-downs safely	<u>Tennis</u>	Travelling with a ball- Show confidence in	others' work, suggesting thoughtful and	with a strong understanding of tactics and
	knowledge of skills for attacking and	and effectively.	Striking & Hitting a ball- Use good hand-eye	using ball skills in various ways in a game	appropriate improvements.	composition.
	defending.	······································	coordination to be able to direct a ball when	situation, and link these together effectively.		Evaluate-Thoroughly evaluate their own and
	Tactics & Rules- Follow and create	Understand why exercise is good for health,	striking or hitting.	Passing a ball- Choose and make the best		others work, suggesting thoughtful and
	complicated rules to play a game successfully.	fitness and wellbeing.	Understand how to serve in order to start a	pass in a game situation and link a range of	<u>Cricket</u>	appropriate improvements.
	Communicate plans to others during a game.		game.	skills together with fluency, e.g. passing and	Striking & Hitting a ball- Hit a bowled ball	
	Lead others during a game.	Know ways they can become healthier.	Attacking & defending- Think ahead and	receiving the ball on the move.	over longer distances.	
	Perform- Perform and apply a variety of skills	thow ways they can become field thet.	create a plan of attack and defence. Apply	Possession- Keep and win back possession	Use good hand-eye coordination to be able to	
	and techniques confidently, consistently and		knowledge of skills for attacking and	of the ball effectively and in a variety of ways	direct a ball when striking or hitting.	
	with precision.		defending.	in a team game.	Throwing and Catching- Throw and catch	
	Take part in competitive games with a strong		Tactics & Rules- Follow and create	Using space- Demonstrate a good awareness	accurately and successfully under pressure in	
	understanding of tactics and composition.		complicated rules to play a game successfully.	of space.	a game.	
	and or adding of tablics and composition.				a gaino.	

Evaluate- Thoroughly evaluate their own and	Communicate plans to others during a game.	Attacking & defending- Think ahead and	Attacking & defending- Think ahead and
others' work, suggesting thoughtful and	Lead others during a game.	create a plan of attack and defence. Apply	create a plan of attack and defence. Apply
appropriate improvements.	Perform- Perform and apply a variety of skills	knowledge of skills for attacking and	knowledge of skills for attacking and
	and techniques confidently, consistently and	defending.	defending.
	with precision.	Tactics & Rules- Follow and create	Work as a team to develop fielding strategies
	Take part in competitive games with a strong	complicated rules to play a game successfully.	to prevent the opposition from scoring.
	understanding of tactics and composition.	Communicate plans to others during a game.	Tactics & Rules- Follow and create
	Evaluate- Thoroughly evaluate their own and	Lead others during a game.	complicated rules to play a game successfully.
	others' work, suggesting thoughtful and	Perform- Perform and apply a variety of skills	Communicate plans to others during a game.
	appropriate improvements.	and techniques confidently, consistently and	Lead others during a game.
		with precision.	Perform- Perform and apply a variety of skills
		Take part in competitive games with a strong	and techniques confidently, consistently and
		understanding of tactics and composition.	with precision.
		Evaluate- Thoroughly evaluate their own and	Take part in competitive games with a strong
		others' work, suggesting thoughtful and	understanding of tactics and composition.
		appropriate improvements.	Evaluate- Thoroughly evaluate their own and
			others' work, suggesting thoughtful and
			appropriate improvements.